

Björklunden Seminars

"Vacation with a purpose"

AUGUST 25-30, 2024 AT BJÖRKLUNDEN



Be Present in Nature and Discover What Nature Has to Present You

Course Description

Leave the busy world behind and spend each morning immersed in nature.

A forest bathing walk (taking in the forest air with all the senses) or nature immersion, is not a hike or workout. It is a slow, mostly silent walk. Through a series of invitations, a guide will invite participants to engage their senses, be present in the moment, and join with others in community. Invitations are open ended. There are no right or wrong responses.

By connecting with our senses, our imagination is awakened. One might consider forest bathing a massage of the mind, body, and soul. Individuals will always have the choice to participate in whatever way they are comfortable.

Each walk is typically 1.5 miles or less and is accessible to all ages and physical conditions. Amos Clifford, the founder of the Association of Nature and Forest Therapy describes it as, "The forest is the therapist; the guide opens the door."

At the end of each walk there is an opportunity for local refreshments and conversation. Each participant will leave with a unique experience. Mixed into the week there will be time to learn the history and health benefits of forest bathing. Opportunities to journal and create in nature will also be included. Most of the week will be spent outdoors. An off-campus walk during the week is a possible option.

A list of recommended supplies and a liability form will be sent prior to the seminar.

Instructor



Jane Burress

Burress is the owner of Doorway to Nature LLC and a life-long resident of Door County. The mission of her business is to promote wellness, harmony, community, and environmental stewardship by connecting people with nature and its benefits.

Her background includes working as a Registered Nurse for 15 years, Youth and Family Minister for 20 years, Certified Nature and Forest Therapy Guide and business owner 5 years. During COVID, she returned to college for a degree in Psychology. She guides walks for the County of Door, Gibraltar Schools, The Ridges Sanctuary, the public, and private groups.

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